LEARN HOW TO HARNESS YOUR INTERNAL CAPACITY FOR HEALING AND RENEWAL

Your mind and body are inseparable. Wellness in one improves the other.

In this open collaborative group, you will:

- Learn multiple proven beneficial meditative techniques that can be practiced anywhere
- Learn skills to manage stress and promote a healthy outlook with a sense of purpose for the future
- Develop healthy living practices including restful sleep
- Appreciate the power and importance of interpersonal connections on your health

Target Population: Open to anyone who receives care at NMCSD Internal Medicine whose level of stress is impairing health and function. No referral necessary.

Dates:
Ongoing/ Weekly (Walk-in Group)
Wednesdays 1415-1500
Thursdays 1415-1500

Location:
Coumadin Clinic Conference Room
Internal Medicine Clinic

For Logistical Questions or Concerns- Please Contact:
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